

Individual Crisis Intervention and Peer Support

Crisis intervention is NOT psychotherapy, rather it is a specialized acute emergency mental health intervention, which requires specialized training as physical first-aid is to surgery, as crisis intervention is to psychotherapy. Thus, crisis intervention is sometimes called "emotional first-aid." Crisis interventions are typically done individually (one-on-one) or in groups. This program is designed to teach participants the fundamentals of, and a specific protocol for, individual intervention. The audience for this class includes both emergency services, military, and business/industrial peer support personnel without formal training in mental health, as well as mental health professionals, who desire to increase their knowledge of individual crisis intervention techniques.



<u>COURSE NUMBER</u>	<u>DATE</u>
200-000-660 Session A	November 19 & 20, 2009
<u>TIME</u>	<u>LOCATION</u>
0900-1600	Department of Conservation and Recreation 80 Beaman Street W. Boylston, MA

*Please complete a standard DFS / MFA student application or register online at
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